

Is Your Child at Risk for Kidney Disease?

An easy way to know if your child has kidney disease is to have his or her urine tested.

Who is at risk for kidney disease?

Children who:

- Are overweight
- Have pain in their back, side, or lower belly
- Complain of pain when urinating, have changes in their urine, or often wet their pants
- Have unexplained fever
- Have swelling in their feet, ankles, or legs
- Wake up with swollen eyelids
- Become dehydrated often
- Have a family member with kidney disease

Children who have certain conditions:

- SGA (small for gestational age)
- A growth disorder
- Diabetes
- High blood pressure
- Rickets (soft bones caused by too little vitamin D)
- Other conditions that run in families, such as polycystic kidney disease, Alport Syndrome, or heart disease



If your child is at risk for kidney disease, ask about getting his or her urine tested today.



U.S. Department of Health
and Human Services

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NKDEP
National Kidney Disease
Education Program

For more information, call the National Kidney Disease Education Program toll free at 1-866-4 KIDNEY (1-866-454-3639), or go online at www.nkdep.nih.gov
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